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Breast Cancer

Women living in North America have the highest rate of breast cancer in the world. The alarming incidence of breast cancer has placed it in the first bracket of serious health concerns in the United States and beyond. One out of every eight women in U.S. is likely to develop breast cancer at some point in her lifetime. Breast cancer is the second most common cancer among American women after nonmelanoma skin cancers. It is second only to lung cancer in terms of cancer-related mortality among the American women. The gravity of the disease was realized long back by President Clinton, who named October as Breast Cancer Awareness Month and the third Friday in October as National Mammography Day in the United States. Following this lead, the rest of the world, including India, has also picked up the American tradition. According to the American Cancer Society, about 178,480 new cases of invasive breast cancer as well as 62,030 additional cases of in situ or noninvasive breast cancer will be diagnosed among women in 2007. Approximately 40,460 women are expected to succumb to this disease. It has been observed that the chances of developing breast cancer increases with age. Women under 30 are less likely to be affected, whereas those over 50 years are most likely to develop this disease. Further, it's not just women who fall victim to this disease. Men too may develop breast cancer especially between 60 and 70 years of age. The American Cancer Society reveals that in 2007 about 2,030 cases of breast cancer are expected to occur in men, accounting for about 1% of all breast cancers. About 450 men will die from breast cancer.

Once thought to a disease of the western world, breast cancer has now traveled all over the globe. Today breast cancer is one of the most frequently occurring types of cancer worldwide. About a million new cases are coming to light every year. According to World Health Organization (WHO), the disease has highest prevalence in Europe, North America and Australia. In comparison, fewer women are diagnosed with breast cancer in the developing countries. The mortality rate, however, is often higher in these countries due to late diagnosis and poor treatment coupled with poor information and sometimes misinformation about the disease. Some of the prominent American women who have fallen victim to the disease include Sheryle Suzanne Crow (American

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As always, we welcome your comments and suggestions. Please send your feedback to Mr. Steven P. Kerchoff, Information Resource Officer, Public Affairs Section, U.S. Embassy, The American Center, 24 Kasturba Gandhi Marg, New Delhi 110001.

Note: Internet sites included in this publication, other than those of the U.S. government, should not be construed as an endorsement of the views contained therein.

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blues rock singer, guitarist, bassist, and songwriter), Rucy Dee (actress, poet, journalist, and activist), Edith Falco (television and film actress), Fannie Lou Hamer (American voting rights activist and civil rights leader), Susan G. Komen (a victim from Illinois who was diagnosed with the disease at the age of 33), Ambassador Nancy Goodman Brinker (U.S. Ambassador to Hungary, 2001-2003), Nancy Davis Reagan (First Lady of the United States from 1981-1989), Ruth Elizabeth "Bette" Davis (Academy award winning American actress), Rachel Louise Carson (marine biologist and nature writer) and many more.

Since there is no definite cure for the breast cancer in its late stages, early detection and screening is the only key to survival. Leading experts and organizations like American Cancer Society, Susan G. Komen Breast Cancer Foundation and Mayo Clinic all advocate early detection of breast cancer. It thus becomes essential that people should be properly informed about the various risk factors, screening methods, and therapeutic options of the disease. Although several risk factors have been identified, about 75% of the breast cancer cases occur in women with no known risk factors, other than sex and age. Prominent among the commonly identified risk factors are sex, increasing age, family history of breast cancer, personal history of breast cancer, genetic predisposition, obesity, insufficient exercise, exposure to estrogen, race, hormone replacement therapy (HRT), birth control pills, exposure to carcinogens like polycyclic aromatic hydrocarbons (PAHs) chemicals found in cigarettes and charred meat, excessive alcohol consumption, and over-use of antibiotics.

Apart from these commonly attributed risk factors, several other factors have also surfaced up in recent times. Stevens, in his epidemiological studies, pointed out that light is a risk factor for breast cancer and that the women who work night shifts are at higher risk for developing the disease. Another study by an international group of researchers has reported that the size and shape of a woman's hips may increase her daughter's risk of developing breast cancer by up to 2.5 times. Many of these risk factors like sex and increasing age are beyond one's choice and control, but a lot of them like birth control pills, tobacco, and alcohol can definitely be avoided or at least significantly controlled.

Several different types of breast cancers have broadly been categorized into two main categories – noninvasive cancers and

invasive cancers. Noninvasive cancers, also called "carcinoma in situ," are confined to the ducts or lobules of the breast not spread to surrounding tissues. These could be of further two types – ductal carcinoma in situ (DCIS) and lobular carcinoma in situ (LCIS). On the other side, the invasive or infiltrating breast cancers penetrate through normal breast tissue invading surrounding areas. Invasive breast cancers are far more serious as they can spread to other parts of the body. Carcinoma in situ is identified as Stage 0 – the earliest stage of breast cancer. Other stages of breast cancer are Stage I through Stage IV. Stage II and Stage III are further divided into IIA, IIB and IIIA, IIIB, and IIIC respectively. In general, higher the number of stage, more advanced is the case of breast cancer with Stage IV indicating a case of distant metastasis. Sometimes breast cancer recurs after a period of time – a case of recurrent cancer.

Women, especially those who run in the high risk zone, must have adequate knowledge about the disease, its symptoms and screening methods, so that they can rule out the disease and in case of an unsolicited incidence, should be diagnosed early for best possible treatment options. The early stage of breast cancer normally has no symptoms. That makes it more important that women, particularly those who have crossed 40 years, must undergo regular breast examination – either self-examination or should get it clinically examined. With the growth of the disease symptoms like breast lump, change in the size, shape, or feel of the breast or nipple, fluid discharge from nipple may appear. Advance breast cancer symptom may include bone pain, breast pain or discomfort, skin ulcers, swelling of one arm (next to breast with cancer), weight loss etc. When in doubt or clinically indicated, one must get proper breast screening done. Once again depending on the individual cases, anyone or combination of different possible screening methods could be used to rule out the possibility of the disease. Apart from breast examination, the other possible methods of examination of breast cancer include mammography to identify the breast lump, breast MRI (magnetic resonance imaging) to better identify the breast lump, breast ultrasound to investigate whether the lump is solid or fluid-filled, and breast biopsy to confirm whether the lump is benign or malignant.

Treatment of the breast cancer starts with staging the cancer. While Stage 0 is the most favorable stage of breast cancer for the purpose of treatment, Stage IV is the least favorable one. Among

the available options, surgery is the mainstay of breast cancer therapy. Surgery could be of four types – total mastectomy (removal of breast tissue and nipple), modified radical mastectomy (removal of the breast, most of the lymph nodes, and often lining over the chest muscles), lumpectomy (removal of a breast tumor and a small amount of surrounding tissue), and radical mastectomy (removal of the breast, lymph nodes and chest muscles). Depending on the individual cases, the specific surgical option is decided. Other treatment options that can be either used in isolation or together with surgical options are radiation, chemotherapy and hormone therapy. Sometimes high risk women also opt for prophylactic mastectomy to rule out the possibility of developing breast cancer. Many women have breast reconstruction to rebuild the breast following a mastectomy.

Over the years, the number of breast cancer related deaths has gone down significantly mainly due to early detection and better treatment options. Many new anti-cancer treatments have been approved by U.S. Food and Drug Administration (FDA). Scientific community has taken this health terror seriously and several research works in this direction are already being worked out. More importantly, women and men alike must be adequately informed about the disease and the way they can prevent it and help detect it at the earliest to rule out any possible casualty due to breast cancer.

The articles included in this section attempt to generate more awareness on various facets of breast cancer, from very basic knowledge about the disease to the advanced level updates on screening and therapeutics of the disease.

For additional information, a webliography is presented here for your use. The inclusion of Internet sites other than those of the U.S. government should not be construed as an endorsement of the views contained therein. The websites are current as of publication date and are subject to change at any time.

After Breast Cancer: What you need to know about your gynecologic health
http://www.thegcf.org/pubs/gcf_brochure.pdf

American Association for Cancer Research
<http://www.aacr.org>

American Cancer Society -- Fighting Breast Cancer
http://www.cancer.org/docroot/PED/PED_20_BCA.asp

American Joint Committee on Cancer (AJCC)
<http://www.cancerstaging.org>

American Society of Clinical Oncology -- People Living with Cancer
<http://www.plwc.org>

Association of Community Cancer Centers (ACCC)
<http://www.accc-cancer.org>

Breast Cancer and Environment Research Centers
<http://www.bccrc.org>

Breast Cancer Resource Center of Austin
<http://www.bcrc.org>

Breast Cancer Stories -- Real Women's Journeys from Diagnosis to Treatment
<http://www.mytreatmentdecision.com/>

Breast Cancer Treatment Information and Pictures
<http://www.breastcancer.org>

Breast Health Global Initiative (BHGI)
<http://www.fhcrc.org/science/phs/bhgi>

Calculate Your Breast Cancer Risk
http://www.breastcancerprevention.org/raf_source.asp

Cancer and Careers -- Living and Working with Cancer
<http://www.cancerandcareers.org>

Cancer Care -- Professional Support for People Affected by Cancer
<http://www.cancercare.org>

Cancer Research Institute
<http://www.cancerresearch.org>

Centers for Disease Control and Prevention -- Breast Cancer
<http://www.cdc.gov/cancer/breast>

Chemoprevention: Drugs That Can Reduce Breast Cancer Risk
<http://www.mayoclinic.com/health/breast-cancer/WO00092>

eMedicineHealth -- Breast Cancer Causes, Symptoms, and Treatment
http://www.emedicinehealth.com/breast_cancer/article_em.htm

HealthCentral -- Breast Cancer Awareness Month
<http://www.healthcentral.com/breast-cancer/awareness/?ic=506023>

Intercultural Cancer Council (ICC)
<http://iccnetwork.org>

The Johns Hopkins Avon Foundation Breast Center
<http://www.hopkinsbreastcenter.org>

MayoClinic -- Breast Cancer
<http://www.mayoclinic.com/health/breast-cancer/DS00328>

Medical University of South Carolina -- Hollings Cancer Center
<http://hcc.musc.edu>

National Alliance of Breast Cancer Organizations (NABCO)
<http://www.nabco.org>

National Breast Cancer Awareness Month
<http://www.nbcam.org>

National Breast Cancer Coalition -- Breast Cancer and the Environment
<http://www.natlbcc.org/bin/index.asp?strid=37&depid=9&btid=2>

National Cancer Institute -- Breast Cancer
<http://www.cancer.gov/cancertopics/types/breast>

National Comprehensive Cancer Network (NCCN)
<http://www.nccn.org>

National Consortium of Breast Centers, Inc.
<http://www.breastcare.org>

National Institutes of Health -- Fact Sheet on Breast Cancer
<http://www.nih.gov/about/researchresultsforthepublic/BreastCancer.pdf>

The National Women's Health Information Center
<http://www.4women.gov>

Nevada Cancer Institute -- Science & Research -- Breast Cancer
<http://www.nevadacancerinstitute.org/science.aspx?id=832>

North American Association of Central Cancer Registries, Inc.
<http://www.naaccr.org>

Prevent Cancer Foundation (formerly Cancer Research and Prevention Foundation)
<http://www.preventcancer.org>

Ribbon of Pink
www.ribbonofpink.com

Susan G. Komen for the Cure -- Breast Cancer Research
<http://cms.komen.org/komen/AboutBreastCancer/BreastCancerResearch/index.htm>

U.S. Department of Health and Human Services -- Breast Cancer Information
<http://www.hhs.gov/breastcancer>

U.S. Food and Drug Administration (FDA) -- Mammography
<http://www.fda.gov/cdrh/mammography>

U.S. Food and Drug Administration (FDA) -- Oncology Tools
<http://www.fda.gov/cder/cancer/index.htm>

University of Illinois Medical Center -- Breast Cancer
<http://uimc.discoveryhospital.com/main.php?t=enc&id=2498>

The White House -- National Breast Cancer Awareness Month, 2007
<http://www.whitehouse.gov/news/releases/2007/09/print/20070929-2.html>

Wine, Beer, Spirits Boost Breast Cancer Risk Equally
<http://www.womenshealth.gov/news/english/608581.htm>

World Health Organization (WHO) -- 10 facts about cancer
http://www.who.int/features/factfiles/cancer/01_en.html

World Health Organization (WHO) -- Cancer
<http://www.who.int/mediacentre/factsheets/fs297/en/index.html>

Y-ME National Breast Cancer Organization
<http://www.y-me.org>

Young Survival Coalition
<http://www.youngsurvival.org>

Zero Breast Cancer
<http://www.breastcancerwatch.org/home.html>

1. BREAST CANCER FACTS & FIGURES 2007-2008

American Cancer Society, 2007, 32 p.
<http://www.cancer.org/downloads/STT/BCFF-Final.pdf>

This is a through source of information on almost all aspects of breast cancer – what is breast cancer, who are the likely victims, causes, factors influencing survival, prevention and a wide array of topics on the disease. Beyond discussing various aspects of the disease, it presents numerous statistics about the various facts and figures related to breast cancer. Included are numerous graphs, charts, tables and a detailed list of the sources of statistics.

2. BREAST CANCER SCREENING: CULTURAL BELIEFS AND DIVERSE POPULATIONS

By Cassandra E Simon. Health & Social Work, v. 31, no. 1, February, 2006, pp. 36-43.

In this article, Cassandra E. Simon looks into the role of culture in breast cancer screening behavior among African American, American Indian/Alaskan Native, Asian American/Pacific Islander, and Hispanic/Latina women. The article evaluates the various cultural beliefs, attitudes, and knowledge and their corresponding effect on women's decisions regarding health tests and provides recommendations for incorporating culture into early detection strategies for ethnically and racially diverse women.

3. BREAST CANCER, OUT OF THE DARK

By Richard Monastersky. Chronicle of Higher Education, v. 53, no. 43, 2007, pp. A9-A11.

Based on the studies that conclude that breast cancer rates in industrialized countries are about five times the level of those in developing countries, Richard G. Stevens hypothesized that light can increase breast cancer. Epidemiological studies have revealed that women who work night shifts have a higher probability of developing cancer. By virtue of their exposure to light at night, melatonin, a hormone that prevents growth of cancer cells, is not produced in adequate quantity. This leads to increased risk of cancer in such women.

4. BREAST HEALTHCARE AND CANCER CONTROL IN LIMITED-RESOURCE COUNTRIES: A FRAMEWORK FOR CHANGE

By Benjamin O. Anderson. Nature Clinical Practice Oncology, v. 3, no. 1, January 2006, pp. 4-5.

With more than 1.1 million new cases every year and more than 410,000 deaths worldwide each year accounting for 1.6% of all female deaths, breast cancer has assumed an urgent public health problem in high-resource regions and is becoming increasingly urgent problem in low-resource regions. Because of other prevalent infectious diseases, low-resource countries have generally not identified cancer as a priority healthcare issue. They ultimately end up spending on cancer treatment mainly for the medical care of the advanced-stage patients. World Health Organization has already pointed out that the guidelines defining optimal cancer care and services have limited utility in resource-constrained countries. In such countries, most women have advanced or metastatic breast cancer at the time of diagnosis. The Breast Health Global Initiative (BHGI) is a program that aims to develop evidence-based, economically feasible, and culturally appropriate guidelines for the low-resource nations to improve breast-health outcomes.

5. THE CHANGING FACE OF BREAST CANCER

By Kathleen Kingsbury. Time, v. 170, no. 15, October 15, 2007, pp. 20-25.

This article looks the global breast cancer crisis. Breast cancer, once considered to be a disease of the West, has now taken over the globe, affecting women throughout the world. While the United States is still reported to have highest incidence rate, greatest number of cases, and second highest number of deaths; the disease has had its toll in other parts of the world as well including Australia, New Zealand, Europe, and Asia. The perception of the disease varies greatly across the globe. Cultural practices in many countries make it difficult for people to understand that breast cancer like other diseases needs to be treated. In some parts of the globe, breast cancer is still a shameful secret. But secrecy only leads to misery and misinformation. In some regions breast cancer is considered to be contagious, while in some other part the diagnosis of the disease is associated with the fear that their partners would leave them. Multiple local problems and beliefs need to be addressed in a similar regionalized way.

6. COMMON BREAST CHANGES

National Cancer Institute, U.S. Department of Health and Human Services, August 2005, 8 p.
<http://www.cancer.gov/cancertopics/Common-Breast-Changes-PDF>

This resource is a concise synopsis of basics about breast cancer – what is it and how to detect it through breast examination as well as through mammograms. It also briefly explains about the calcification in the breast tissue. Further, it attempts to answer some frequent questions and provides a fair good list of resources including online sources and contact numbers of various organizations, which can be contacted for further specific information and clarification.

7. THE INFLUENCE OF RACE, ETHNICITY, AND INDIVIDUAL SOCIOECONOMIC FACTORS ON BREAST CANCER STAGE AT DIAGNOSIS

By Paula M Lantz, et al. *American Journal of Public Health*, v. 96, no. 12, December 2006, pp. 2173-2178.

Racial and ethnic differences in breast cancer incidence, stage at diagnosis, and mortality is well established in the United States. While breast cancer is more prevalent in White women than it is in Black women, Hispanic women, and other ethnic groups, mortality rates are not highest for the White women. Despite much lower incidence of breast cancer, Black women have more mortality rate as compared to the White women. This study explores the relation between race, ethnicity, individual's socioeconomic status, and breast cancer stage at diagnosis.

8. LIFESTYLE FACTORS AND SURVIVAL IN WOMEN WITH BREAST CANCER1-3

By Lawrence H Kushi, et al. *The Journal of Nutrition*, v. 137, no. 1S, January 2007, pp. 236S-242S.

This article takes a stock of the prevailing studies that focus on diet and its impact on breast cancer, especially exploring post-diagnosis diet and lifestyle factors in breast cancer recurrence and survival. Although the cancer survivors and their families show substantial interest in going beyond conventional therapy to improve their prognosis including an interest in diet and use of complementary and alternative therapies, there is little known about the effects of these factors on cancer survival. Most studies focus on cancer etiology and prevention, but there is a handful of studies having lifestyle factors such as diet and physical activity as a principal focus.

Apart from two randomized trials, the Women's Intervention Nutrition Study (WINS) and the Women's Healthy Eating and Living Study, there are at least five ongoing studies on breast cancer survivors that have diet as a main focus including Pathways: a study of breast cancer survivorship that enrolls women as soon as possible after breast cancer diagnosis. These studies are promising and are expected to provide first objective information regarding diet and breast cancer prognosis.

9. MEN'S ADJUSTMENT TO THEIR PARTNERS' BREAST CANCER: A DYADIC COPING PERSPECTIVE

By Barry N Feldman; C Anne Broussard. *Health & Social Work*, v. 31, no. 2, May 2006, p. 117.

This article looks at a relatively less talked aspect of breast cancer – how do the men cope when their partner is diagnosed with breast cancer and how does it affect their relationships. As the number of breast cancer cases in the United States is continually increasing, more and more relationships are subjected to the unsolicited impact of this disease. The psychological impact of breast cancer and its treatment generates a ripple effect from the victim to her partner and ultimately to the entire family system. This study uses 71 male partners of newly diagnosed breast cancer patients to establish how the partner's illness affected their men and their adjustment to situation. Regression analysis revealed significant associations between coping styles and illness intrusiveness. Depression subjected men to poorer adjustment and adversely affected their partners. The result surfaced new issues for the social workers, who need to work with patients as well as their partners to promote positive couple coping strategies.

10. A MULTIDISCIPLINARY APPROACH TO THE MANAGEMENT OF BREAST CANCER, PART 1: PREVENTION AND DIAGNOSIS

By Sandhya Pruthi, et al. *Mayo Clinic Proceedings*, v. 82, no. 8, August 2007, pp. 999-1012.
<http://www.mayoclinicproceedings.com/pdf%2F8208%2F8208sst%2Epdf>

Breast cancer is the one of the most commonly diagnosed cancers in women. In the United States, an estimated 200,000 new cases are diagnosed annually. Breast cancer management has become increasingly complex and call for comprehensive assessment and review of various related issues including role of genetic testing, imaging and breast magnetic resonance imaging, surgical and reconstructive options, and an array of new adjuvant therapies. Multidisciplinary approach to the breast cancer management – for optimal care to the

patients - entails involvement of a multidisciplinary team approach involving a spectrum of experts that includes oncologists, radiologists, pathologists, surgical specialists, radiation oncologists, geneticists, and primary care physicians. The authors, who themselves represent different disciplines, have picked up significant issues from their daily practices.

11. SCREENING FOR BREAST CANCER: CURRENT RECOMMENDATIONS AND FUTURE DIRECTIONS

By Doug Knutson and Elizabeth Steiner. *American Family Physician*, v. 75, no. 11, June 1, 2007, pp. 1660-1666.

As the most commonly diagnosed cancer in women and also the second leading cause of cancer death in women, breast cancer has gained significant health concern in the United States. This growing concern calls for effective breast cancer screening. Self-examination is the most advocated method noninvasive screening. Among other screening methods, mammography is recommended for healthy women older than 40 years by the U.S. Preventive Services Task Force. While digital mammography is relatively more sensitive in younger women and women with dense breasts, outcome studies are still lacking. MRI (magnetic resonance imaging) has emerged as another sensitive screening tool in some high-risk women, but its high false-positive rates and cost is a major concern. MRI has been recommended by American Cancer Society as an adjunct to screening mammography in high-risk women 30 years and older.

12. SCREENING FOR BREAST CANCER

By Joann G. Elmore, et al. *The Journal of the American Medical Association (JAMA)*, v. 293, no. 10, March 9, 2005, pp. 1245-1256.
<http://jama.ama-assn.org/cgi/reprint/293/10/1245>

This article explores how breast screening is different in community practices from that in randomized controlled trials and examines the evidence about new screening modalities. It systematically reviews the known facts about the community practice of mammography, clinical breast examination, and breast self-examination. Based on the review of English-language articles of randomized controlled trials assessing effectiveness of breast cancer screening as primary data source for this study, the authors conclude that mammography still remains the main screening tool in the community. In comparison, the effectiveness of breast examination, both clinical and self, is on the lower side. They also opine that new screening modalities are unlikely to replace mammography as means of screening for general population.

13. TESTS FOR BREAST CANCER

Harvard Health Letter, May 2007, pp. 4-5.

Technical shift in imaging has a lot to do with the changing screening scenario for breast cancer. Conventional standard mammography is now being complemented with ultrasound, magnetic resonance imaging (MRI), and digital mammography. Digital mammography is gradually replacing the standard mammography. It uses less radiation and records image electronically, whereas the conventional mammography records image on film. However, there isn't enough evidence to conclude the superiority of digital mammography over conventional in detecting cancer, especially in case of the older women in whose case the film mammography is just as good as the digital one.

14. WHAT WOMEN WANT FROM THEIR PHYSICIANS: A QUALITATIVE ANALYSIS

By Cara Houle, et al. *Journal of Women's Health*, v. 16, no. 4, 2007, pp. 543-550.

Although women constitute 50% of the U.S. population and account for almost 60% of their outpatients, the healthcare needs of women have lately gained long-deserving attention. Medical students, residents, and practicing physicians are increasingly being educated to provide better and more effective healthcare for women. The Accreditation Council on Graduate Medical Education (ACGME) mandates graduate competence in six areas: patient care, medical knowledge, professionalism, interpersonal and communication skills, system-based practice, and practice-based learning and improvement. This study seeks to conduct a qualitative examination of what adult female patients want their doctors to know and be able to do for them and how they want physicians to provide such services. Using focus groups to gather qualitative data on women's perceived healthcare needs, the study concludes that the patient's expectations of physicians extend beyond medical knowledge and patient care into the areas of communication, system-based practice, and professionalism.

15. WINNING THE BATTLE AGAINST BREAST CANCER

By Kelly E. Carter. *Black Enterprise*, v. 38, no. 3, October 2007, p. 100.

According to the National Cancer Institute, one in eight women born in the United States will develop breast cancer in her lifetime. The diagnostic probability increases with age, especially after attaining the age of 40. Family history of breast cancer further increases the

risk of the disease. Rene Styler, 44, faced these odds and opted to undergo a five-hour prophylactic mastectomy to remove her both breasts. Excluding the cancers of skin, breast cancer is the most common cancer among women. About one in three cancers diagnosed in U.S. women is breast cancer. It is recommended that women who have dense breasts should undergo an ultrasound in addition to a mammogram, and in some cases have a biopsy done under surveillance of their doctors.

BUSINESS & ECONOMICS

16. BOARD OF HARD KNOCKS; ACTIVIST SHAREHOLDERS, TOUGHER RULES, AND ANGER OVER CEO PAY HAVE PUT DIRECTORS ON THE HOT SEAT

By Nanette Byrnes and Jane Sasseen. *Business Week*, iss. 4018, January 22, 2007, p. 37.

In the light of the passage of the 2002 Sarbanes-Oxley Act, the authors look at how corporate board members are now facing "real financial liability in a smattering of lawsuits" following a spate of corporate scandals in recent years. Board members are paying more attention to CEO compensation. This involves preparing a breakdown of all compensation given to executives, including, for the first time, severance and deferred pay. Additionally, corporate boards of directors are now required to justify their reasons for the amounts of CEO compensation they have set, as well as to oversee financial audits and conduct internal investigations. Due to time and energy spent on these details, they do not have much time on advising the CEOs. Nonetheless, these changes are seen by many as improving corporate boards.

17. FATF SPECIAL RECOMMENDATIONS AND UN RESOLUTIONS ON THE FINANCING OF TERRORISM

By Jean-Francois Thony and Cheong-Ann Png. *Journal of Financial Crime*, v. 14, no. 2, 2007, pp. 150-169.

The authors use an IMF study to discuss the design of the new international legal framework for combating the finance of terrorism. They report on the status of and obstacles to implementation of the Financial Action Task Force's (FATF) Special Recommendations and UN Security Council Resolutions on the financing of terrorism. They particularly focus on the areas which countries are having difficulties in complying fully with the requirements. Notable unresolved obstacles include the difficulty of applying international law instruments to non-state actors, and the need for ensuring persons

affected by these measures have adequate legal recourses. Despite some countries' slow progress in implementation, the authors say that some tangible results have been achieved - not so much in terms of terrorist funds being confiscated, but with regard to the ability of terrorists and terrorist organizations to take advantage of the international financial system to channel funds for their operations. The proof of this, they note, is in their increased use of traditional methods of cash-couriers to physically move funds across borders.

18. THE NONPROFIT INDUSTRIAL COMPLEX: IS THERE SUCH A THING AS TOO MUCH CIVIL SOCIETY?

By Gerard Alexander. *The Weekly Standard*, v. 12, no. 30, April 23, 2007, pp. 24-28.

The nonprofit sector of the U.S. economy is showing rapid, massive growth, and there is speculation that it may change the nature of American society. Combined annual expenditures for all U.S. nonprofits in 2004 neared \$1 trillion, and 2001 total employment was 12 million. Furthermore, this does not include religious organizations, which are treated differently for tax purposes. Nor does it include state colleges or universities, which now frequently register as nonprofits. By 2003 there were 1.2 million faculty members nationwide, 54 percent working full-time and most at state schools, Alexander says. Nor do these numbers account for hundreds of thousands of college administrators. U.S. nonprofits have seen their combined assets grow from \$30 billion in 1975 to \$525 billion in 2005. Microsoft founder Bill Gates' foundation is the richest, with assets of \$29 billion. Second is the Ford Foundation with \$12 billion. There are also 62 colleges or universities with endowments of \$1 billion or more: Harvard has \$29 billion, Yale \$18 billion, Stanford \$14 billion. The Gates Foundation's annual giving now begins to rival Sweden's annual foreign aid, yet it still represents just 1 percent of U.S. nonprofits' giving.

INTERNATIONAL POLITICAL RELATIONS & SECURITY

19. AL QAEDA STRIKES BACK

By Bruce Riedel. *Foreign Affairs*, v. 86, no. 3, May/June 2007, p. 24.

The author, a CIA veteran now at the Brookings Institution, views U.S. intervention in Iraq as contributing to al Qaeda's expansion, enabling it to become more dangerous than ever. Al Qaeda's strategy

is to draw the U.S. into demoralizing, costly wars, possibly even encouraging a U.S. invasion of Iran, thus encouraging more adherents to its terrorist goals. Al Qaeda has expanded its operations from Pakistan and Afghanistan to a base in Iraq and is moving to expand in failed and failing states in the Middle East and Africa, exploiting Sunni-Shiite divisions and hatred of the West. Its decentralized structure allows it to survive the deaths of individual leaders. Al Qaeda has new reach in Europe and is poised to threaten the United States directly again. Riedel writes that the U.S. needs a grand strategy to defeat al Qaeda, not only by targeting its leaders but also by addressing the issues that give the group a following in the Muslim world – the Arab-Israeli conflict, the Kashmir conflict, brutal governments, and poverty.

20. FIGHTING AN ANTAEAN ENEMY: HOW DEMOCRATIC STATES UNINTENTIONALLY SUSTAIN THE TERRORIST MOVEMENTS THEY OPPOSE

By Tom Parker. *Terrorism and Political Violence*, v. 19, no. 2, Summer 2007, pp. 155-179.

Adopting and maintaining a measured response to terrorist attacks and threats is the greatest challenge facing democratic states, says the author. Research shows that states adopting repressive counterterrorism policies ultimately foster the growth of more resilient and aggressive terrorist organizations, and not the opposite effect. Parker has taken the research of Carlos Marighela – who has argued that one of the principal goals of the urban guerrilla is to force the state into an uncontrolled spasm of overreaction to undermine its legitimacy – and developed an analysis of five democratic states and their responses to terrorist organizations. In all of the cases, the trend seems to support Parker's conclusion that aggressive and repressive counterterrorist measures hurt the state more than it helped. Parker concludes that democracies should focus on the criminal element and treat terrorism as a law-enforcement problem. In every response by the state, he says, the key is moderation in the response, and denying political opportunity is the best strategy of control.

21. GETTING RELIGION? THE PUZZLING CASE OF ISLAM AND CIVIL WAR

By Monica Duffy Toft. *International Security*, v. 31, no. 4, Spring 2007, pp. 97-131.

The author notes that from 1940 through 2000, civil wars were more common in Islamic countries than in countries dominated by other faiths. To explain this, she coins the phrase "religious outbidding," which holds that political elites will frame contentious issues as religious issues and send others to fight for a faith if they believe their survival hinges on perceptions of doctrinal legitimacy.

Doctrinal legitimacy is particularly important in Islamic societies at present, she argues, as they feel threatened by the proximity both of Israel and of petroleum reserves to their holy sites. In addition, the Islamic doctrine of jihad (defense of the Islamic faith as an obligation) may contribute to the intensity of such civil wars. The author adds that the holy books of Christianity, Judaism, and Islam often have an uncompromising quality and promise immortality in the face of physical destruction, both qualities that may make religious civil war more deadly than others.

22. THE WILL TO PREVENT: GLOBAL CHALLENGES OF NUCLEAR PROLIFERATION

By Graham Allison. *Harvard International Review*, v. 28, no. 3, Fall 2006, pp. 50-55.

Harvard University's Graham Allison assesses the threat of nuclear terrorism. He examines five questions: who could be planning a nuclear terrorist attack; what weapons could be used; where could weapons be acquired; when could terrorists launch a nuclear attack and how they deliver a nuclear weapon to its target? While the possibility of nuclear terrorism becomes an increasing reality, there has been a concurrent erosion of the nuclear nonproliferation regime. For global safety's sake, the international community must act to prevent terrorists from acquiring nuclear weapons or the materials from which such weapons could be made.

DEMOCRACY & HUMAN RIGHTS

23. CHINESE NATIONAL OIL COMPANIES AND HUMAN RIGHTS

By Matthew E. Chen. *Orbis*, v. 51, no. 1, Winter 2007, pp. 41-54.

In its race to meet its growing energy demand, China is contributing to massive human rights abuses in Sudan and Burma, entering into dangerous alliances with Iran and Venezuela, straining Sino-American relations, and undermining international security by blocking multilateral crisis management efforts. The author calls on the international community to develop a comprehensive strategy to encourage "corporate social responsibility" in China's state-owned energy companies to engage with international producers' groups and human-rights oriented NGOs. By doing so, the international community can avoid ignoring dangerous and abusive regimes and help work toward reducing instability in energy-rich states.

24. IRAQ: A LOOK BACK

By Laurie King-Irani. *Orbis*, v. 51, no. 1, Winter 2007, pp. 91-106.

The author, a specialist in local governance and conflict resolution at Washington DC's Catholic University, evaluates the prospects for postwar rehabilitation of Iraqi society. Historically, Iraq's diversity has complicated efforts to develop a unified national vision, but today a common desire for stability unifies communities – particularly for the Ba'athist regime's victims, the internally displaced, and those who have lost family members to ongoing sectarian violence. The new Iraqi government and the United States must learn from the mistakes of recent years and rededicate themselves establishing and upholding the rule of law. Without it, the author warns that the chaos will continue and will likely spread throughout the region.

25. SLEIGH BELLS RING. ARE YOU VOTING?

By James A Barnes. *National Journal*; v. 39, no. 12; March 24, 2007, pp. 62-63.

The 2008 U.S. election is looking like front-runners will have a leg up over their lesser-known rivals, due to primary votes being cast earlier than ever, the author writes. Some absentee ballots may be cast as early as Christmas. In California, early-voting stations will be opening on January 7. New Hampshire, which prides itself as being the first state to hold a primary, is scheduled for January 22, but is considering moving the date earlier. With big states such as California and Texas that have early voting laws allowing their citizens to vote before the traditional first states, New Hampshire and Iowa, means that candidates may be inclined to spend their money campaigning in the big states instead. The article examines whether early-voting will impact the way candidates campaign.

26. THE YEAR OF THE BALLOT

By Jorge Castañeda and Patricio Navia. *Current History*, v. 106, no. 697, February 2007, pp. 51-57

Between 2005 and 2006, eleven Latin American countries held presidential elections. Castaneda, former Mexican foreign minister, and Navia, instructor at New York University, as is Castaneda, argue that many who have studied Latin American affairs are overjoyed to see the debate over political developments in the region in 2006 centered around ballots rather than bullets. They assert that it's a tremendous accomplishment for the region to see elections as the only legitimate "game in town." They note that elections are the easy part of the democratic process; democratic consolidation and stability

take much more effort. The will of newly elected Latin American governments will be put to the test as they implement their policies and attempt to expand economic growth, reduce poverty, and tackle the deep inequalities that persist in their nations. If governments and the international community learn from and act on the lessons of 2006, the hope of a stable, developed, and flourishing region will be much closer to becoming a reality in these Latin American countries.

COMMUNICATION & INFORMATION

27. KIND OF CONFIDENTIAL

By Lori Robertson. *American Journalism Review*; v. 29, no. 3, June/July 2007, pp. 26-33.

U.S. federal judges have been rejecting reporters' promises to keep silent about conversations with confidential sources, leading news organizations to warn sources that pledges of anonymity aren't absolute. "The law as it exists today does not provide the kind of absolute protection for sources that reporters traditionally thought they had the right to offer," says Kevin Baine of Williams & Connolly, the law firm representing the Washington Post. Media lawyers are seeing growing support for protecting journalists, including at the state level. Thirty-two states and the District of Columbia have shield laws and seven additional states have introduced shield law legislation.

28. WORKING WITHOUT WIRES

By Christopher Swope. *Governing*, v. 20, no. 8, May 2007, pp. 28-34.
<http://www.governing.com/articles/5wifi.htm>

A number of cities in the U.S. are installing wireless broadband networks to provide free public access to the Internet. While these projects are usually public-private partnerships and limited to selected public areas, the city of Corpus Christi, Texas took a different approach. This city of 282,000 installed its own WiFi network covering 147 square miles and found that most use was by city agencies, not residents or businesses. The network provides high-speed data exchange between field employees, such as police, firefighters and building inspectors, and their offices, and allows real-time monitoring of public parks, city vehicles, and water and gas meters. Other uses are under development. While Corpus Christi recently sold its network to a commercial company which will maintain and upgrade the system and charge a fee for access, other municipalities continue to watch and learn from the city's experience with WiFi.

GLOBAL ISSUES

29. 2007 HERE COME THE... CLEANER, GREENER CARS

By Jim Motavalli. *E : the Environmental Magazine*, v. 18, no. 2, March/April 2007, p. 26.

Motavalli reports on the growing interest in cleaner and more fuel-efficient vehicles. The review covers gas-electric hybrids; plug-in hybrid and biodiesel conversion kits; Partial Zero Emission vehicles (PZEV), which are available in states which use California emissions standards and use sophisticated computer controls and complex catalytic converters to reduce emissions; fuel-cell vehicles; and all-electric cars, such as the Tesla Roadster. Sidebars cover the new EPA formula for calculating real fuel economy; an overview of all U.S. hybrids and their performance pros and cons; a reflection on the future of fully electric cars (sufficient driving range and battery storage capacity are major challenges); and a driver review of the advantages and disadvantages of alternative fuels.

30. ENDING POVERTY IN AMERICA

By The American Prospect, v. 18, no. 5, May 2007, pp. A1-A31.

This special report was produced with the support of the Demos Foundation. The authors find that many on both sides of the political spectrum agree about what is needed to end poverty, but are disheartened to find that, despite agreement and successful pilot programs, nothing is moving forward because of budget concerns. The articles in this series each deal with a specific aspect of the larger problem. The titles include: Understanding the Challenge; Race and Poverty; The Big Debates; Poverty and Education; Poverty, Work, and Reward; Solutions. Writers include Prospect and Demos fellows and staff, academics, and current and former NGO leaders.

31. GLOBAL WARMING: WHO LOSES—AND WHO WINS?

By Gregg Easterbrook. *The Atlantic Monthly*, v. 299, no. 3, April 2007, p. 52.

Long-time environmental writer Gregg Easterbrook discusses potential economic and geopolitical consequences of climate change in the 21st century. Rising sea levels could spell doom for low-lying countries, but warming temperatures could uncover heretofore untouched natural resources in now frozen climes. He notes that a shift in location of crucial natural resources could lead to a new balance of power in which "Russia and America are once again the

world's paired superpowers - only this time during a Warming War instead of a Cold War." An increase in wealth of the already rich northern countries could set back the "quest for world equity." Easterbrook argues that today's globalized economics "have been a positive force for increased equity ... but if climate change increases the value of northern land and resources, while leaving nations nearer the equator hotter and wracked by storms or droughts" there will be less incentive to help build the economies of poorer nations. Worsening situations in already poor equatorial countries could cause major migrations of refugees to the wealthier north. "If the very Earth itself turns against poor nations, punishing them with heat and storms, how could the U.S. morally deny the refugees succor?" He argues that nations should act now to control greenhouse gases because the "cost of controls is likely to be much lower than the cost of rebuilding the world."

32. REVERSAL OF FORTUNE

By Bill McKibben. *Mother Jones*, v. 32, no. 2, March/April 2007, pp. 32-43, 87-88.

For the last three centuries, exponential growth has been axiomatic to Western civilization. More prosperity has been created during the modern era than Adam Smith, the author of *The Wealth of Nations*, could have ever imagined. McKibben, a writer and activist, notes that the distinguishing feature of our age is that growth no longer makes most people wealthier, but instead generates inequality and insecurity. Growth is bumping up against physical limits so profound – like climate change and peak oil – that trying to keep expanding the economy may be not just impossible but also dangerous. McKibben writes that the past fifty years of American economic growth have been a loosely controlled experiment in determining if more is better, but studies have shown that the degree of happiness has not grown. In fact, it has decreased, not just in the U.S., but in other countries that have followed America in mass affluence. He notes, "on the list of major mistakes we've made as a species, this one seems pretty high up. Our single-minded focus on increasing wealth has succeeded in driving the planet's ecological systems to the brink of failure, even as it's failed to make us happier." McKibben believes that "we kept doing something past the point that it worked" – as the economy nationalized and then globalized, the checks and balances of close-knit communities of an earlier era eroded in the face of a market-driven world with minimal social tethers. He believes that relocating economies may help to restore some balance and address the growing inequalities in modern society.

U.S. SOCIETY, VALUES & POLITICS

33. ANY WAY YOU COULD BE, SAMMY WAS

By Will Friedwald. *American Legacy*, Summer 2007, p. 64.

Seventeen years after his death, Sammy Davis Jr. "is more omnipresent than at any time since the mid-1960s," when he conquered nearly every form of entertainment - night clubs, records, television, movies and Broadway, says author Will Friedwald, jazz columnist for the New York Sun. Davis and the rest of the Rat Pack are considered "hip all over again." Along with two new biographies of Davis, two documentaries and two feature films are in the works. Friedwald cites biographer Wil Haygood's contention that Davis wanted to be white [Haygood is black], and adds that Davis "needed nothing less than total love and approval from everybody all the time." He traces Davis' career from his first appearance on vaudeville at the age of three, in 1928, through his Rat Pack days. By 1955 Davis was a superstar, but he still encountered "subtle, debilitating racism." His last great hit was "Mr. Bojangles" in 1972. Interestingly, an article in the June 3 New York Times by Pat H. Broeske also looks at Davis's posthumous return to the limelight, observing that his life gives biographers and filmmakers a lot to work with: "beyond the drug problems and his love affairs [with white actresses May Britt and Kim Novak], he offers a vehicle to consider an American obsession: race."

34. HIP-HOP PLANET

By James McBride. *National Geographic*, v. 211, no. 4, April 2007, p. 100.
<http://www7.nationalgeographic.com/ngm/0704/feature4/index.html>

"Not since the advent of swing jazz in the 1930s has an American music exploded across the world with such overwhelming force," writes James McBride. The culture of song, graffiti and dance that is collectively known as hip-hop has transformed popular music in every country that it has permeated. France, home to a large population of North African immigrants, is the second largest hip-hop market in the world. McBride traces the origins of hip-hop, from beat poet Amiri Baraka in the 1950s and 1960s, to the youth of the South Bronx and Harlem who came up with impromptu dance music in the 1970s - largely because the New York City public school system had drastically cut funding for the arts. While its structure is bewildering, and lyrics that glorify violence and

ostentatious luxury disturb many, McBride writes that rap music has "become a universal expression of outrage ... at its best, hip-hop lays bare the empty moral cupboard that is our generation's legacy. This music that once made visible the inner culture of America's greatest social problem, its legacy of slavery, has taken the dream deferred to a global scale. Today, 2 percent of the Earth's adult population owns more than 50 percent of its household wealth, and indigenous cultures are swallowed with the rapidity of a teenager gobbling a bag of potato chips. The drums are pounding out a warning. They are telling us something. Our children can hear it. We'd be wise, I suppose, to start paying attention."

35. HOW PAPP GOT IT RIGHT

By Oskar Eustis. *American Theatre*, v. 24, no. 1, January 2007, pp. 74, 76-79.

"Theatre's lineage ... is inextricably linked to democracy," says author Oskar Eustis, artistic director of New York City's Public Theatre. He recalls the founding of the New York Shakespeare Festival (1954) and the Public Theatre (1967) by Joseph Papp. In the 1950s Papp began staging Shakespeare productions in Central Park, "defending the principle that art belonged to everybody." Eustis compares the birth of both theatre and democracy in Greece. Theatre changed forever when the god-like storyteller was replaced by characters speaking to each other on stage. "Truth resides not in the storyteller - truth resides somehow in the dialogue, in the space between two people," he says. Similarly, "in order for democracy to work you have to believe that nobody has a monopoly on truth ... you have to believe that truth resides in the dialogue between different points of view." Eustis goes on to decry reduced government support for the arts, "particularly for the risk-taking arts"; the need for nonprofit theatre to depend more on the box office; and the resultant blurring of lines between nonprofit and commercial theatre. "The idea behind nonprofit theatre - certainly the idea behind the Public - is that culture is actually part of the birthright of the nation. The great democratizing power of the theatre needs to be unleashed by the nonprofit theatre, not constrained."

36. IS AMERICA A CHRISTIAN NATION?

By Hugh Heclo. *Political Science Quarterly*, v. 122, no. 1, Spring 2007, pp. 59-87.

Heclo examines political and social surveys to answer this "hot-button" topic. While most Americans hold moderate beliefs, recent research shows that religious polarization is real and important because religious rhetoric has been used by both Republican and

Democratic party activists on the extreme ends of the spectrum to mobilize voters. Heclio examines the research regarding Christianity and self-identification, Christianity as a source of moral guidance, Christianity and belief in its doctrines and as influencing behavior, and Christianity and the American political ethos. The answer to the question of America as a Christian nation is both yes – demographically and in its institutions and political ethos, and no, in moral guidance or cultural behavior. The author concludes with polling data that reports a significant number of conservative Christians regard being super-patriotic and super-religious as the same thing and notes that emotional sloganeering is dominating public discourse on the matter. He urges sensible citizens to answer the question about America being a Christian nation using both religion and reason to drown out the rhetoric.

SCIENCE & TECHNOLOGY

37. BUILDINGS THAT BREATHE

By Sally Deneen and Brian Howard. E : the Environmental Magazine, v. 18, no. 1, January/February 2007, p. 26.

"Green" construction is coming of age in the U.S. and elsewhere. Three factors are encouraging the shift toward green buildings: rising energy prices; improved indoor air quality; and a desire to reduce the environmental "footprint." Green building standards are set by the U.S. Green Building Council's Leadership in Energy and Environmental Design program (LEED), and have been adopted in 54 U.S. cities and by 23 federal agencies. Seattle's green low-income apartment building is the onset of a nationwide program that will build similar green housing for low-income residents in 20 states. The authors note that, while green building technology has come far in recent years, getting Americans to build smaller homes would have longer-term benefits. Accompanying sidebars include discussions on the "cradle-to-cradle" concept, that products be designed for re-use, and an overview of green building in Europe, Asia and Brazil.

38. COAL RUSH!

By Susan Moran. World Watch, v. 20, no. 1, January/ February 2007, pp. 8-13.

In the first of three articles on coal, energy and climate change, Susan Moran reports on the push by U.S. electrical utilities to build

150 new coal-fired power plants in the next decade. Most of the plants will use conventional technologies, and only 3 plants will use clean-coal technology – the integrated gasification combined cycle (IGCC) process. The power companies' decision to move ahead with old technology has been widely criticized – the author notes that carbon caps and carbon trading will eventually be legislated, forcing difficult retrofits. In China and Her Coal, Hou Yanli and Hu Min of the China Sustainable Energy Program, an NGO, describe China's massive increase in coal-fired power generation. They note that production prices and electricity costs does not reflect the true environmental and social costs of using coal – the poor safety record of mines, the high death rate among coal miners, and the high rates of respiratory disease and mortality due to pollution. In Portraits in Carbon, science writer Todd Neff looks at carbon as the basis for life on earth, how it became coal, the debate on carbon sequestration methods and current efforts to create carbon offsets. He concludes with the state of research on new uses for carbon, including carbon fiber and nanotubes. A short photo essay of coal miners accompanies the articles.

39. A CURE FOR RABIES?

By Rodney E. Willoughby, Jr. Scientific American, v. 296, no. 4, April 2007, pp. 88-95.

Rabies infection from animal bites causes about 55,000 deaths worldwide each year according to the World Health Organization. Without prompt treatment with vaccines and antibodies shortly after exposure to the virus, rabies symptoms appear within a few months and death occurs soon thereafter. The author, a physician, describes the unique treatment he developed in 2004, the Milwaukee protocol, to save the life of a teenager who did not seek medical treatment for almost a month after being bitten by a rabid bat. Putting the patient into a week-long coma, he used drugs to prevent the virus from attacking brain cells and causing other vital organs such as the heart or lungs to fail, while her immune system produced antibodies against the virus. Although paralyzed after the coma, the patient recovered after several months of rehabilitation and returned to a normal life, becoming the first known unimmunized survivor of rabies. Other physicians have not had success using the protocol, so Willoughby suggests that studies applying the protocol to rabid animals would help determine its effectiveness. Ultimately, it could become a practical treatment in developing countries where rabies occurs most.

40. DOWN GO THE DAMS

By Jane C. Marks. *Scientific American*, v. 296, no. 3, March 2007, pp. 66-71.

Numerous dams around the world have been removed in recent years as they became more costly to maintain, contributed less to electrical power generation or conflicted with communities that want free-flowing rivers. Although dam removal returns a river to a more natural state, often with native species reestablishing populations as water quality improves, unanticipated effects may offset these benefits. Contaminated sediments trapped behind the dam, movement of non-native plants and animals to parts of the river formerly blocked by the dam, and flood control on some rivers present challenges to planners. The author, an ecologist at Northern Arizona University, is working on the restoration of an Arizona river dammed in the early twentieth century. Water flow was returned to the river when its hydroelectric plant was decommissioned in 2005. The success of native fish and plant species reintroduced along the river is being monitored and will help determine in 2010 whether the dam is removed or just lowered.

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